

September 2019

Carver Council on Aging

What's Inside for September

Fall Wreath Workshop

*Wednesday, September 4th
at 10:00 am.*

Welcome autumn with a decorative twig wreath accented in your choice of seasonal silk flowers. Register with Connie at **508-866-4698 x3**.



Clay Leaf Trinket Dish Craft

*Wednesday,
September 18th
at 10:00 am.*

Hand-craft colorful bakeable clay leaves into useful trinket bowls. Register with Connie at **508-866-4698 x3**.



Sock Hop SINGO

*Monday, September
9th at 12:00 noon.*

Come play along and bop to your favorite tunes from the '50's!

Playing is FREE and winning is FUN!

Game Day - Apples to Apples

Tuesday, September 10th at 12:00 noon.

The game of hilarious comparisons! Come join the fun! Call Connie at **508-866-4698 x3** if you plan to play.

Cooking with Community: Healthy Desserts

with Dietitian Barbara Canuel, presented by Community Nurse Home Care *Tuesday, September 24th at 12:30 pm.*

Enjoy some delicious apple crisp and learn healthy new ways to make your favorite fall desserts. Call Connie at **508-866-4698 x3** if you plan to attend.

Adult Coloring – Autumn Images

Wednesday, September 25th at 10:00 am.

Drop in for relaxing fun as we color designs filled with images of autumn!

Gatra Bus Trips to the Big Apple Farm, Wrentham

*Friday, September 20th & Monday, September 23rd
from 9:00 am-3:00 pm.*

It's Apple Season!

Take a trip to the Big Apple Farm in Wrentham for a wide selection of crisp apples, tart cider, fresh baked goods and more.

Transportation is only \$5.

Lunch will be on your own at the Cracker Barrel.

Please reserve your spot with Connie at **508-866-4698 x3**. *Space is limited.*



Old Country Store

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Carole Julius

Monday-Thursday
9 AM-12 PM

508-866-4698

cjulius@sailsinc.org

BOARD OF DIRECTORS

Colleen Preston-Chair

Donna Marie Forand-Vice Chair

Helen Marrone-Secretary

Alan Germaine

Betty Sullivan

FRIENDS OF THE CARVER COA

Ron Clarke

Vice President

Madeline Joyce

Secretary/Treasurer

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

SCHEDULE

MONDAYS 9AM—2PM "Around Town" errands

TUESDAYS & THURSDAYS Medical Appointments

WEDNESDAYS Supermarkets

WALMART Plymouth/Wareham - 1st & 3rd

AM

***STOP 'N' SHOP** Plymouth - 2nd & 4th AM

MARKET BASKET Plymouth - Every PM

**4th Wednesday morning destination subject to change.*

FRIDAYS SHAW'S Carver - AM

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM – 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.

For online AA meetings and 24 hr. chat support:

www.aa-intergroup.org. For more information: **www.aa.org**.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

WELCOME WEDNESDAYS (first Wednesday of each month)

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

508-866-4698 x 3

ckelly@sailsinc.org

NUTRITION CENTER

Dawn Padovani

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Call to register at **508-866-4698 x3**.

BACKGAMMON

Fridays at 10:00 AM

Experienced and novice players are welcome. Come play on the new hand painted game table courtesy of the artistic talents of Pamela Welch!

BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

CHAIR YOGA with Maggie Lunevitz. Mondays - 10 AM. **\$5/class**. Call to register at **508-866-4698 x3**.

CRIBBAGE Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 PM. Call to register at **508-866-4698 x3**.

RUMMIKUB / SKIP BO Wed.- 12 PM
New and experienced players for either or both games are welcome. *Drop in.*

Players needed for Mexican Train Dominoes! Call Connie if interested!

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

SINGO with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

FOOT CARE CLINIC 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at **508-866-4698 x3**.

BASKET WEAVING with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM.

\$25/2 week

WHAT'S HAPPENING THIS MONTH

available at the COA. Call

project. Register at **508-866-4698 x3**.

508 866-4698 x3 for more information.

FALL WREATH WORKSHOP

Wednesday, September 4th

at 10:00 AM Call Connie at **508-866-4698 x3** to register.

GAME DAY - APPLES TO APPLES

Tuesday, September 10th, 12:00 pm



Apples to Apples is easy to learn, quick to play, very funny, and one of the best party games of all-time! It's as easy as "comparing apples to apples"! Please call Connie at **508-866-4698 x3** if you plan to play.

CLAY LEAF TRINKET DISH CRAFT

Wednesday, September 18th, at

10:00 am - Call Connie to register at **508-866-4698 x3**



The FY20 Senior Tax Relief Act allows for the reduction in real estate property taxes for

certain qualifying senior citizens and veterans. For a listing of the qualifications outlined in the Senior Tax Relief statute and an application please stop by the Assessor's Office in the Town Hall or the Senior Council on Aging.



Calling all Knitters and Crocheters!

Lap blankets are needed for "Santa is for Seniors" to distribute to local nursing homes at the holidays. Free patterns, yarn and needles are

GATRA BUS TRIPS TO THE BIG APPLE FARM, WRENTHAM

Friday, September 20th & Monday, September 23rd from 9-3

Transportation is only \$5. Lunch is on your own at Cracker Barrel. Call Connie at **508-866-4698 x3** to reserve a spot. *Seating is limited.*

HEALTHY DESSERTS -

APPLE CRISP Presented by Community Nurse Home Care registered Dietitian, Barbara Canuel *Tuesday, September 24th, 12:30 pm* Call Connie at **508-866-4698 x3** if you plan to attend.

ADULT COLORING AUTUMN IMAGES

Wednesday, August 25th, 10:00 am

Drop in for this relaxing activity!

COMING SOON . . .

BLOOM BUS - LULU CABARET HOLIDAY DINNER SHOW

WEDNESDAY, DECEMBER 4TH

COST: \$60/person

For reservations call Connie at **508-866-4698 x3**.

More details to come!

COA Board of Directors has Alternate Positions Open

Two alternate positions are available on the COA Board of Directors. Alternates attend regular meetings of the COA Board once per month. They may speak and participate in meetings like a full board member but only vote in the

FOOD PANTRY

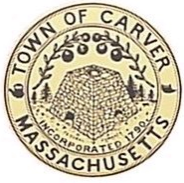
Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM

Health Insurance Counseling
Maureen Drilling
Most Tuesdays 9 - 12
Call for an appointment
508-866-4698 x4



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

2019 SEPTEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|--|--|
| 1 | 2 CLOSED  | 3 Visiting Nurse 10:00-11:30 <i>Glucose Cholesterol</i> Baskets 9:30 Oil Painting 1:00 | 4 Fall Wreath Workshop 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00 | 5 Footcare Appts. BINGO 12:30 | 6 Baskets 9:30 Backgammon 10:00 | 7 |
| 8 | 9 Chair Yoga 10:00  12:00 noon | 10 Visiting Nurse Coffee with the Chief 10:30 Apples to Apples 12:00 Oil Painting 1:00 | 11 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00 | 12 Atty. Hale Appts. BINGO 12:30 | 13 Backgammon 10:00 | 14 |
| 15 | 16 Chair Yoga 10:00 | 17 Visiting Nurse 10:00-11:30 Baskets 9:30 Oil Painting 1:00 | 18 Clay Leaf Craft 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00 | 19 BINGO 12:30 | 20 Baskets 9:30 Gatra Bus Trip to Big Apple Farm 9-3 Backgammon 10:00 | 21 |
| 22 | 23 Chair Yoga 10:00 | 24 Visiting Nurse 10:00-11:30 Mark Pineo 10:00 Healthy Desserts 12:30 Oil Painting 1:00 | 25 Adult Coloring 10:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00 | 26 BINGO 12:30 | 27 Backgammon 10:00 | 28  |
| 29 | 30 Chair Yoga 10:00 | | | | | |